

WIC HIGHLIGHTS

January 2025

Boost Winter Nutrition

North Country winters can be long with little sun exposure. Our bodies need sunshine to make vitamin D. Read below to learn the importance of vitamin D and how to give your immune system a boost this winter season.



Why Vitamin D?

Vitamin D is needed for our body to help balance blood pressure, brain function and muscle movement. It also builds a strong immune system and helps fight against certain cancers and heart disease. Vitamin D helps our body absorb calcium, which helps build strong bones and teeth.

Common sources of vitamin D include: fish, milk, eggs, cheese, yogurt, fortified cereal, mushrooms and fortified orange juice.

Fish During Pregnancy

Fish is a great source of vitamin D, but certain types of fish contain high amounts of mercury. Mercury can be harmful to pregnant & breastfeeding women. It is recommended to eat 2-3 servings of fish per week low in mercury such as cod, haddock, tilapia and salmon.

Vitamin D & Breastmilk

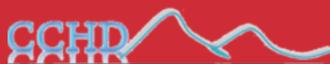
Breastmilk alone does not contain enough vitamin D that babies need. It is recommended that breastfed babies receive vitamin D supplementation starting shortly after birth. Talk to your pediatrician about supplementation if you are currently breastfeeding.

CLINTON COUNTY WIC PROGRAM

Phone: (518) 565-4830

Email: nywic@clintoncountyny.gov

Web: www.clintonhealth.org/wic



This institution is an equal opportunity provider.

Tuna Noodle Casserole



Ingredients

- 2 cups cheddar cheese, shredded*
- 1 & 1/2 cups frozen peas, thawed*
- 6 ounces cremini mushrooms, sliced*
- 2, 5oz cans light tuna, drained*
- 12 oz. bag egg noodles
- 2 scallions, thinly sliced*
- 1 Tbsp. Dijon mustard
- 1/2 cup cream cheese (room temp)
- 1/2 cup plain yogurt*
- 3/4 cup heavy cream
- 2 & 1/2 cups low-sodium chicken broth
- Salt and pepper to taste

***WIC approved ingredients**

Instructions

1. Preheat oven to 425F. Spray 9x13 casserole dish with non-stick cooking spray.
2. In a large bowl, whisk chicken broth, heavy cream, yogurt, cream cheese, mustard, scallions, salt and pepper until smooth.
3. In the casserole dish, spread half the noodles evenly; scatter half the tuna, mushrooms, peas over pasta. Pour half the broth mixture over the noodles, then add 1 cup of cheese. Repeat this step with remaining ingredients.
4. Cover with foil and bake for 40 minutes. Uncover and add remaining cup of cheese, baking another 10-12 minutes. Let casserole sit for about 10 minutes before serving.